

M-251  
M-251 Wednesday November 15, 1961  
Played on Thursday November 30, 1961

John Marshall  
Lotte Karman  
Eileen Wright  
May Ripps  
Ruth Axelrod  
Don and Lita Harrison  
Hilda and Robert Gardner  
John and Terry Owens

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When you come here, you have to try to prepare yourself during the day. While waiting here, try to sit quietly and remain, regarding yourself, in equilibrium. We have to learn to be dependant upon something within ourselves. Try to be quiet and not be disturbed and remain aware and take in whatever you can. You need not retain everything, for everything is not food for everyone. You must be open; looking for something. I have no interest in convincing you of anything. Try to digest what we talk about. I don't wish that you work; you must want to work. It is up to you.

There must be a unity of aim among all of us; to become as harmonious as possible. If you apply ideas to your life, your level of being will change. But if you don't apply ideas, there will be no hope for your daily life and you will be unable to undo your habituality.

Questions should be based on a desire to know, upon your experience, your need for clarity

QUESTION: (Marilyn Wright) Trying to do morning exercise, found difficulty concentrating. I sensed, tried to relax. Result of trying to concentrate on one limb; found a conversation or a fantasy going on in my mind. It wasn't like daydreaming. What is it?

ANSWER: It happens all the time and this time you saw it. If I try to become acquainted with my mind, I have nothing to hold on to. Thoughts and associations come. ~~If~~ I try to introduce something for and of myself. ~~Exercise to be done~~ All during the day, I am used by outside influences without rhyme or reason. This is our state. Now I try to channel a form of energy. I can have a definite wish and will to do this. But not my complete ~~self~~ self is usually engaged in my ordinary activities and therefore the information I get is not whole and not food for all three centers. And I will never be a whole person this way. The physical center is practically complete. Emotional center is not complete and capable of further growth. Intellectual center is very small. Now I wish to become whole and need food for all three centers. Therefore, in an exercise all three centers must be engaged. Intellectual center must have the concepts but not think. Sensing is a means by which the physical body can have a purely physical experience comparable to a feeling in the emotional center. Sensation is a condition I know to exist in a part of me. My head gives a command to my body. I want to establish a relationship between mind and body through attention upon a limb. I need also a motivating power for attention. That is feeling, wish. Purpose produces my wish; a wish to develop something I don't have. Part of my mind continues to associate and another part I use for the sensing exercise. Associations sometimes prevent me from sensing and sometimes my sensing takes all the energy and I can't associate. When I do an exercise, I have to want to make the attempt with all my heart. When thoughts come, they are recorded and my mind wants to intrude. Who will win? What will I allow? ~~Do~~ I wish to continue to sense? How much is available to continue the exercise? Start again and try to remember that you wish to do an exercise and use it as a means for ~~growth~~ growth, an aim associated with to wake up. The purpose of all tasks is to become conscious.

I would like to change my feelings in order to develop a conscience. My body serves as a means to reach this. You find yourself split and you have to make up your mind to continue until energy is exhausted and you don't know how to make more as yet. I judge; that is, my thermometer is the degree of consciousness. The criterion for being awake is being one. I am awake to the extent I become aware of myself. If you don't link it up with being awake it will stay only in your mind or heart and you won't develop.

QUESTION: (Marilyn Wright) Can repression of negative emotions have a physically ill-effect?

ANSWER: Stick with the sensing exercise. For now do not be interested in your negative emotions or other aspects of the ideas. Later we will talk about negative emotions.

QUESTION: (Rose Cotton) I have a longing to pray to God to help me acquire consciousness. Is there another way?

ANSWER: It is right. If I see myself, the conclusion is that help is needed. What is prayer: to establish within oneself something of a different nature which can contact something else of a corresponding nature and be helped by higher force which is personified and called God. I pray usually because things are wrong, rarely to praise Him, to be thankful. How do I reach God? I believe it is something outside which can pull me up. But I have all kinds of interpretations about God which are none of my business. There is a remnant of God, a form of light within us from birth which we appeal to. We hope that it corresponds to that which is outside so I can be free of Earth. Seek ye the kingdom of Heaven within and all else will be added unto you. That which is within is that which I pray to. ~~It~~ I pray that it can be developed, that it can grow. I talk as if it were my God. It doesn't matter what I call it; Infinity, His Endlessness etc. I have to find out what my possibilities are as a human being on Earth and not wish for the moon or the sun if I wish to work. Work means we accept conditions as we see them and not interpret them, not be afraid of them or be hurt by the truth and not to make excuses. I see through colored glasses and even if I see God it is as if through colored glasses. My instrument, as it is, can not be objective. I try to visualize how it would be to be free and my ideas are conditioned by my slavery. Only in certain moments can I see reality or God. If I use one center in prayer it won't reach God no matter how fervent and I will not be helped in this way or be a different person or have more knowledge. If I pray I must engage my mind and free it to receive His will. I try to have a certain posture to show God I am serious; on my knees, eyes closed, maybe looking to Heaven, so as to receive energy from above. The posture of the body must be in conformity with the attitude of my mind and the wish of my feelings. It is as if I become one in wishing, doing and thinking. Something can then influence me and I become revived to a different kind of being. I must put life into prayer. Prayer is to be one. Many of our old religious ideas are empty and must be filled, not with dogma, but with something of our own.

QUESTION: (Hilda Gardner) In the morning exercise I tried to sense my legs. I found the other parts too difficult.

ANSWER: Exercises are specific. Don't embroider on them. Tasks must be followed explicitly. Sensing starts with the right arm. There is a definite rotation, not any ~~order~~ other order. You must follow strictly otherwise it will be impossible to do other things. Do it again.

QUESTION: (Hilda Gardner) I felt in sensing, the blood flowing in my arm.

ANSWER: It is realization, not sensing. Be careful not to mix it up with feeling. Sensing is the existence of that what is, no more. The sensation can be described afterwards although it is not necessary to formulate it. Sensing established a relationship between that what sends and that what receives. Attention flows from my head to my arm, and an image returns to my head and is recorded. The result is sensation. The conclusion is that my arm exists, that I am aware of my arm.

QUESTION: (Hilda) What is awareness of arm?

ANSWER: I become aware of the existence of my arm without thoughts, likes or dislikes, or interpretations. It is simple in theory and difficult in practice.

QUESTION: (Jerry Schultz) I sense my arm. I become aware that it exists.

Then I try to sense my entire self. What is the continuation?

ANSWER: Don't go further. That is the exercise. It is like going from here to Philadelphia but I stop in Trenton. So it is with the exercise. You have to be awake in order to sense. You can't sense unless you are awake.

QUESTION: (Jerry) But I have done that exercise for a week.

ANSWER: Do it another week. Step by step. Don't dilute it or spend energy foolishly. Ordinary life will not allow me to have more than a thimbleful of energy.

QUESTION: (Jerry) Sometimes I have more energy. Shall I stop anyway?

ANSWER: Yes. The exercise is finished. I can have a new start if I stop. When I come back to the source of energy which is ordinary life, a conversion can take place and my wish can be renewed. It is like going to the gas station for more fuel to continue. The idea of second wind does not apply here.

QUESTION: (Fred Perleman) I had a task to spend two half hours during the week to memorize a speech. Also, I sensed my whole body but without rotation. I became aware of many things. When I sensed I would wake up with my mind spinning. I used a wet towel two times to help me wake up. When I sense I can not put life into it.

ANSWER: Continue sensing on the basis of what was discussed tonight. Do physical activity to stop the spinning of your mind. For sensing I need to be in a good state, not when I am upset or overstimulated. Maybe I need to have coffee or breakfast first. The results ought to tell. There are no general rules for this. Everyone must find out for themselves. An attitude of reverence is necessary. Doing a task is like prayer. I have to bring attention by means of my wish. It is necessary to defend first. If I do it many times, I learn a method and it will be easier. I must have the attitude that I do something sacred.

QUESTION: (Betty Fox) I have trouble sleeping and take sleeping pills.

ANSWER: Is this in connection with work?

QUESTION: If I take sleeping pills I am groggy all day.

ANSWER: Why are you sleepless?

QUESTION: I have anxiety.

ANSWER: Walk two blocks before you go to sleep. Try to relax when you walk. Take a tepid bath and then sleep.

QUESTION: (MaryAnn Glasel) I had a task of looking up feeling and sensing in the Search.

ANSWER: Report is accepted.

QUESTION: (Joy Jackson) I had an unusual experience after the meeting. I seemed to be aware of my entire body except I felt as if my feet were walking on the clouds. It seemed very strange.

ANSWER: It is accidental. Sometimes, as a result of trying to take in ideas it is as if you are lifted away from Earth. If you want to come back, do a specific physical activity; sit down, open the door, etc. But don't allow it to get complicated for it will play the devil with you. Keep your feet on the ground.

QUESTION: (Joy) About the sensing exercise (inaudible)

ANSWER: Keep the same framework. Do it at the same time each day, under the same conditions. Not when you are upset.

QUESTION: (~~Elizabeth Schaley~~) Question about waste, largely inaudible.

ANSWER: Waste is wrong. In your experience, what is waste? Do you turn off the electric light when you do not need it? If you have extra movements, cut them out for they waste energy. Continue the exercise to be quiet in the morning.

QUESTION: (John Marshall) You say to detense before sensing. Is this mental?

ANSWER: No. I can sense even if my arm is tense but for deeper sensation detensing is necessary. I give a command to detense, to relax. I need a wish to detense. It is not my head that gives the command. My wish wants my arm to be in a favorable condition. Try to detense when you are awake. Do not give a mental command. It is not subject to description. You must try to experience it.

QUESTION: (Elizabeth Schaley) In trying to become aware of waste in my life, I feel despair.

ANSWER: What do you waste?

QUESTION: (Time.)

ANSWER: When you are at home and you have four or five hours, what do you do

QUESTION: Last night I read Ouspensky.

ANSWER: Try to digest what you read. Use time for that purpose whenever you have an opportunity. Don't be languid or feel sorry for yourself or just sit in a chair. You will still waste time, but not so much.